



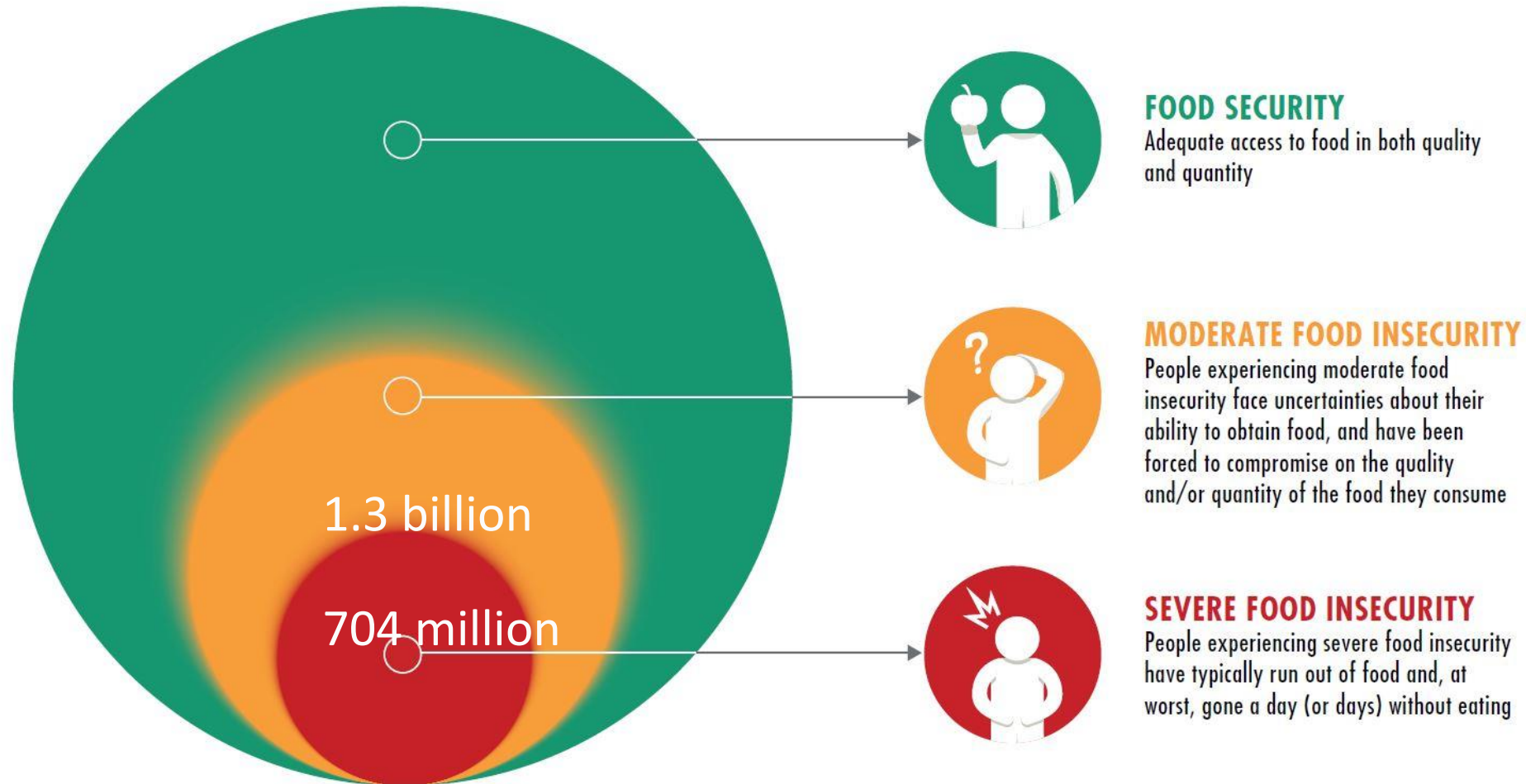
Food and Agriculture Organization  
of the United Nations

# FOOD SYSTEMS FOR SUSTAINABLE HEALTHY DIETS



# The State of Food Security and Nutrition (SOFI 2019)

About 2 billion people in the world experience moderate or severe food insecurity:  
They are forced to compromise on the quality and/or quantity of their diet  
leading to multiple forms of malnutrition.



# What do we want from food systems?

- **Food security**

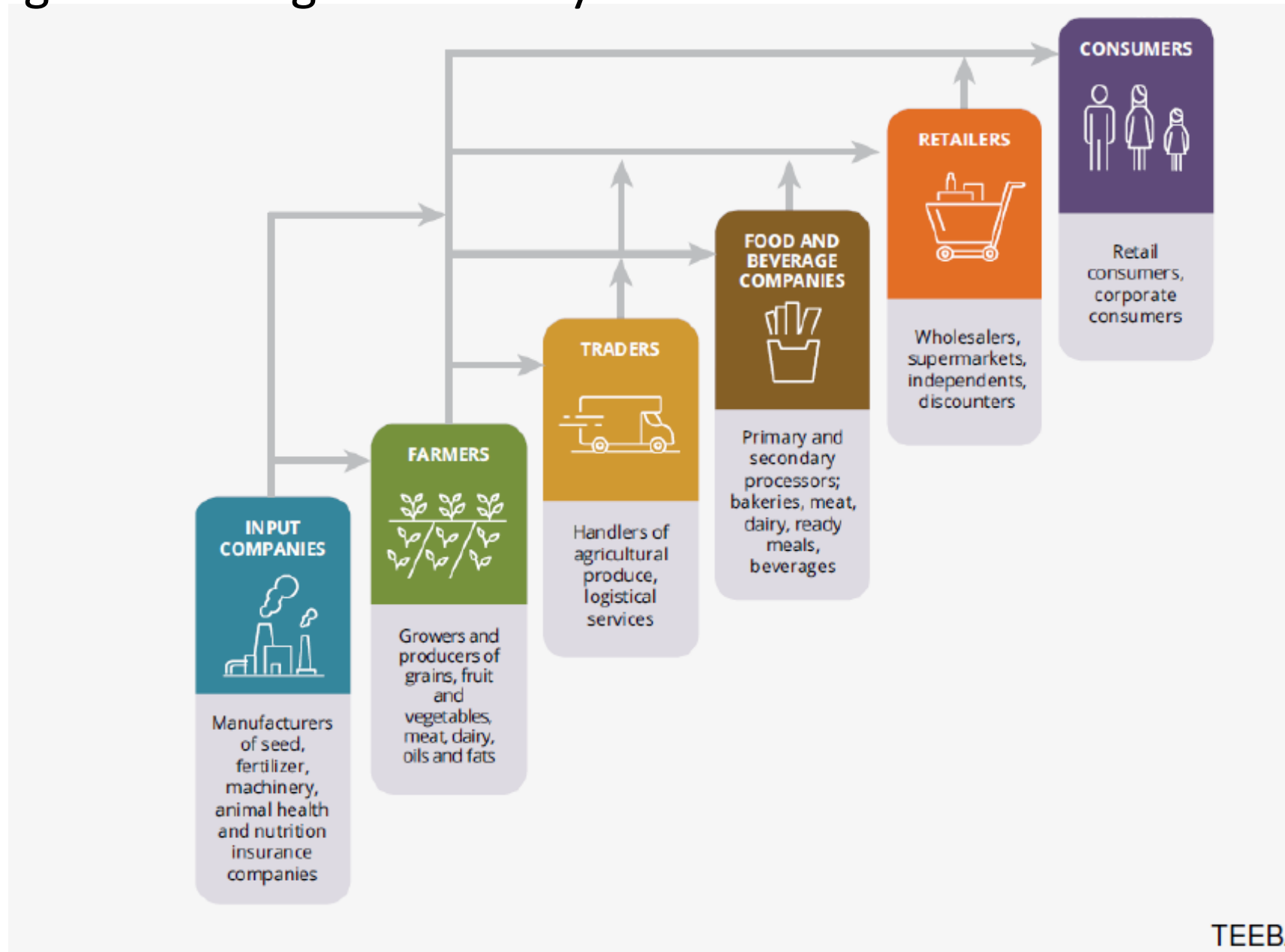
- Sufficient
- Safe
- Nutritious

- **For today and the future**

- Environmental
- Economic
- Socio-cultural sustainability

**FOOD SYSTEMS FOR  
SUSTAINABLE HEALTHY DIETS**

# Working with a range of Food Systems Actors



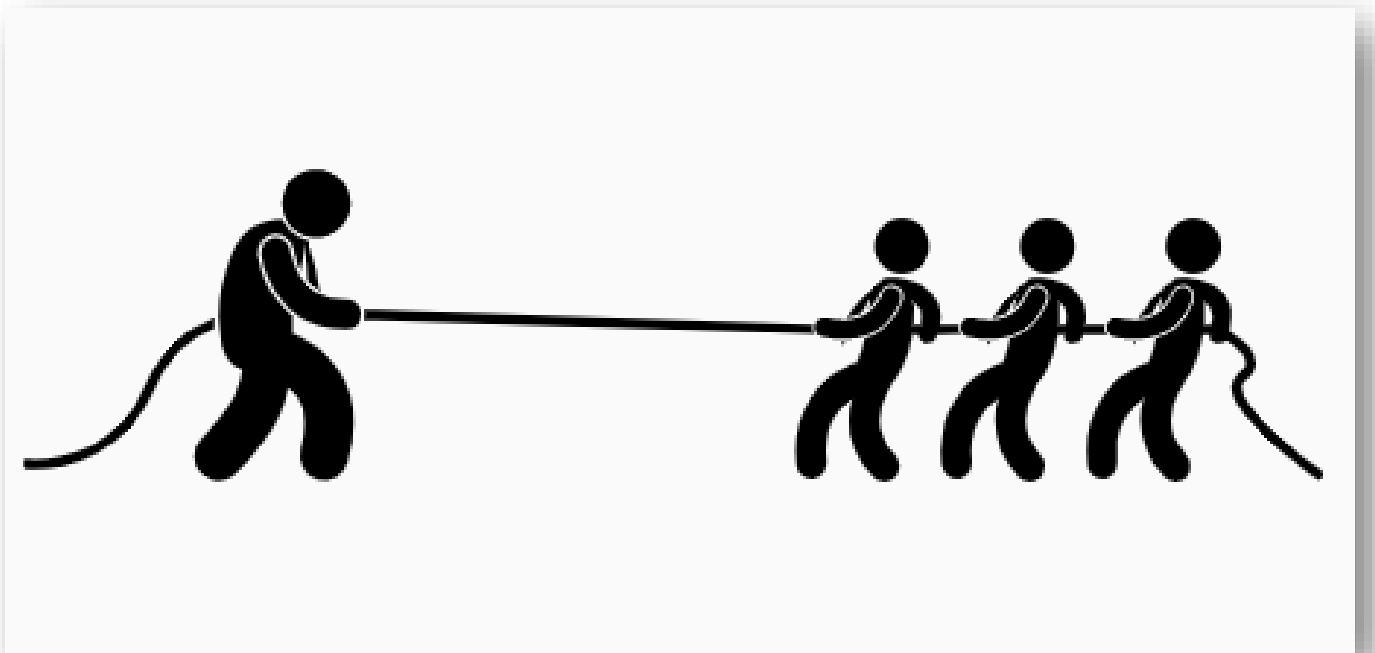
# Dealing with different outcomes requires to balance potential trade-offs

**Health  
outcomes**

**Economic  
outcomes**

**Social  
outcomes**

**Environmental  
outcomes**



# Improving diets - social protection and school meals

## **Food Supply Chains:**

- Smallholder friendly procurement especially of nutrient-rich foods
- Support to cooperatives for increased market stability

## **Food environments:**

- Working with grocery stores on marketing of nutrient-rich foods
- Promoting fresh foods in school meals

## **Consumer behaviour:**

- Links with conditionality of attendance in preventive care that includes nutrition education
- Increasing awareness on healthy diets



# Improving diets of children – marketing

## Food Supply Chains:

- Regulation on labelling of ALL foods high in sugar, calories, fat, salt in the country
- Taxes on highly sugar-sweetened beverages

## Food environments:

- Elimination of child targets characters on packaging
- Black labelling of foods high in fat, sugar, salt

## Consumer behaviour:

- Educate consumers on labelling
- Sensitive consumers on importance of good nutrition



# Widespread multi-sector, multi-level action is needed

## What are the implications?

Harmonize data and analyses for policy making

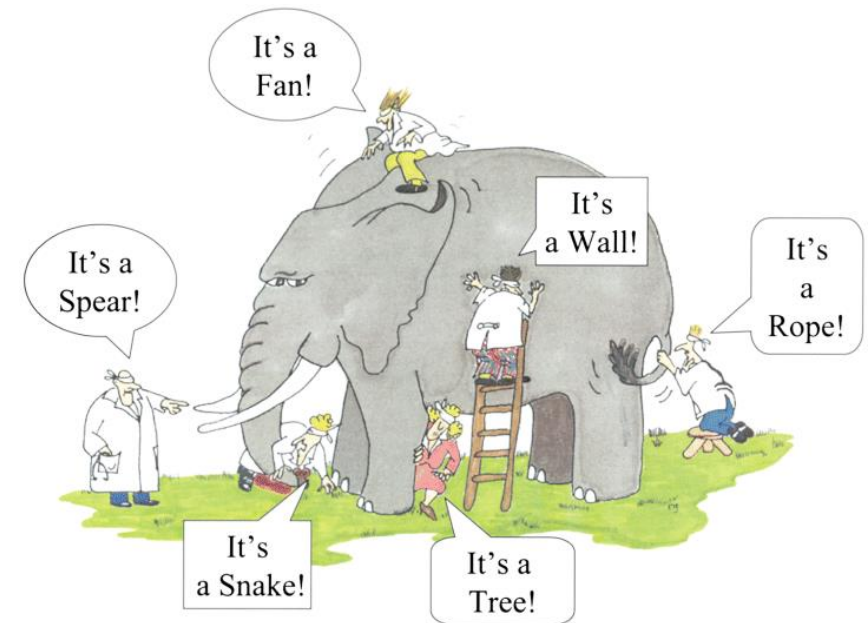
Promote policy coherence

Engage with food systems actors

Overcome implementation challenges in a collaborative way

Promote finance coherence

Fragmented view of food systems





# Resources on Food Systems and Nutrition

